

HAZARDOUS ANIMALS AND PLANTS

Venomous Snakes – At least a dozen venomous species, including asps, vipers, Montpellier snakes, Colubrid snakes, and desert cobras, with venoms ranging from mild to potentially lethal, are present countrywide. If bitten, seek urgent medical attention!

Prevention – Do not handle *any* snake.

Centipedes, Millipedes, Solifugids, Bees, Ants, Wasps, Blister/Bombadier/Rove Beetles, and Urticating Caterpillars – None with deadly venom but some with stinging hairs; others can inflict painful bites, stings, or secrete fluids that can blister skin. Seek medical attention if bitten or stung.

Prevention – Shake out boots/bedding/clothing prior to use; never walk barefoot; avoid sleeping on the ground.

Scorpions and Spiders – Scorpions that have potentially lethal venom are numerous in arid areas. Tarantulas, black widow spiders, and yellow sac spiders that can deliver painful bites and recluse spider bites that can cause serious skin damage are present countrywide. Seek medical attention if bitten/stung.

Prevention – Shake out boots/bedding/clothing prior to use; never walk barefoot; avoid sleeping on the ground.

Marine Animals – Venomous rays, stinging shellfish, and sea nettles/urchins are present in coastal waters. Seek medical attention if stung/bitten.

Prevention – Swim at approved beaches; do not handle.

Hazardous Plants – Thorny plants that can puncture skin, produce rashes, and/or cause infections are numerous countrywide. Burning some plants can cause skin rashes and lung damage. Some plants cause abnormal behavior/poisoning if chewed/eaten. Seek medical attention if injured or poisoned from plants.

HAZARDOUS ANIMALS AND PLANTS (Continued)

Prevention – Do not touch, chew, eat, or burn unfamiliar plants; use clothing as a protective barrier for skin; wash contaminated skin/clothing after contact.

HIGH ELEVATIONS

Operations at 6,000 feet can impact unit and individual effectiveness.

Signs of altitude sickness are headache, nausea, vomiting, dizziness, fatigue, irritability, coughing.

Acclimatization:

- **Staged Ascent** – Ascend to moderate altitude (5,000–8,000 feet), and remain there for 3 days before ascending higher.
- **Graded Ascent** – Limit daily altitude to allow partial acclimatization. Spend 2 nights at 9,000 feet and limit to no more than 1,000 feet per day above each night's sleep.

Treatment – The preferred method to treat any high altitude illness is to evacuate the individual to a lower altitude. See GTA 08-05-060, [A Soldier's Guide to Staying Healthy at High Elevations](#).

DISTRIBUTION UNLIMITED

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SHG 055-1006

DEPLOYMENT HEALTH GUIDE: LEBANON



This country-specific guide should be used in conjunction with [GTA 08-05-062, U.S. Army Guide to Staying Healthy](#), and is intended to provide information that can help reduce your risk of Disease and Non-battle Injuries (DNBI) when deployed. This health threat and countermeasure information is based on the most current data available from U.S. Department of Defense medical agencies at the time of production. In addition to the information in this guide, you should also receive force health protection, health threat, and preventive medicine countermeasures training/briefings prior to and, as required, throughout the length of your deployment.

LEBANON OVERVIEW

Location – Lebanon is located in the Middle East, bordering the Mediterranean Sea, between Israel and Syria. Lebanon is about twice the size of Delaware.

Climate – Mediterranean, mild to cool climate, with wet winters and hot, dry summers. The mountain regions remain cooler with average temperatures of 73° F to 51° F in the summer and 13° F to -3° F in the winter. Snow covers the mountain peaks for most of the year.

Rainfall – Average rainfall is 27 inches on the coast, 47 inches in the mountains and 36 inches in Beka'a Valley. Nearly all of Lebanon's precipitation occurs from October to April.

Terrain – A narrow coastal plain extends the length of Lebanon. Bordering the plain are the Lebanon Mountains reaching about 10,000 feet in several locations. To the east of the Lebanon Mountains is Lebanon's chief agricultural area, Beka'a Valley, which is about 3000 feet above sea level. The Anti-Lebanon Mountains are approximately 6500 feet above sea level and rise from eastern Beka'a Valley to form the boundary between Lebanon and Syria.

Forces of Nature – Extreme heat and high altitude

RISK ASSESSMENT

Lebanon is at **INTERMEDIATE RISK*** for infectious diseases. Without force health protection measures, mission effectiveness will be adversely impacted.

*Based on a combination of all major infectious diseases that occur in a country, the Armed Forces Medical Intelligence Center (AFMIC) assigns an **overall country risk level** of low, intermediate, high, or very high risk, as compared to other countries.

INFECTIOUS DISEASES

Food-borne and Water-borne Diseases

Consuming contaminated food, water, or ice

Diarrhea, bacterial – Possible attack rate of 11–50 percent per month if local food, water, or ice is consumed

- Threat – year-round; countrywide
- Symptoms – loose, watery or explosive bowel movements
- Recovery 1–3 days with antibiotics

Hepatitis A – Less than 1 percent per month attack rate among unvaccinated personnel consuming local food, water, or ice

- Threat year-round; countrywide
- Symptoms – none to flu-like illness
- Severe, 1–4 weeks recovery, sometimes initially requiring hospitalization

Prevention – Consume only U.S. military-approved food, water, and ice; take **hepatitis A vaccine** if directed by medical authority

Vector-borne Diseases

Rare, small or unknown number of cases possible; as a group may represent a significant risk: **Boutonneuse fever** (tick-borne); **leishmaniasis** (cutaneous, sand fly-borne); **sandfly fever** (sand fly-borne); **Sindbis (Ockelbo) virus** (mosquito-borne); **West Nile fever** (mosquito-borne)

Prevention – **DEET** on exposed skin; **permethrin-treated uniforms**; **permethrin-treated bed nets**

Animal Contact Diseases

Rare cases of **anthrax** and **Q fever** could occur; **rabies** risk is comparable to the U.S.

Prevention – Avoid all animals/barnyards; if scratched or bitten, seek medical attention immediately; get preexposure and/or post-exposure vaccinations if prescribed by medical authority.

Sexually Transmitted Diseases

Gonorrhea/Chlamydia – Unprotected sexual contact with infected person; potential attack rate of 1 to 50 percent

- Threat year-round; countrywide
- Symptoms (in men) – none to burning sensation when urinating or discharge
- Symptoms (in women) – none to burning sensation when urinating or increased vaginal discharge
- Mild; outpatient treatment

Others: **HIV/AIDS**, **hepatitis B**

Prevention – Abstinence; latex condoms; not sharing needles

Water Contact Diseases

Leptospirosis – Wading, swimming, other contact with water/mud contaminated with infected animal urine; disease is assessed as present, but levels are unknown.

- Threat year-round
- Symptoms – fever, chills, nausea
- Hospitalization of 1-7 days

Prevention: Do not swim/wade in unapproved water; wash skin and clothing after exposure to freshwater streams/ponds.

ENVIRONMENTAL RISKS

Short-term health risks

- Water containing raw sewage
- Runoff containing fecal pathogens
- Food contaminated with fecal pathogens

Long-term health risks

Exposure to heavy metals